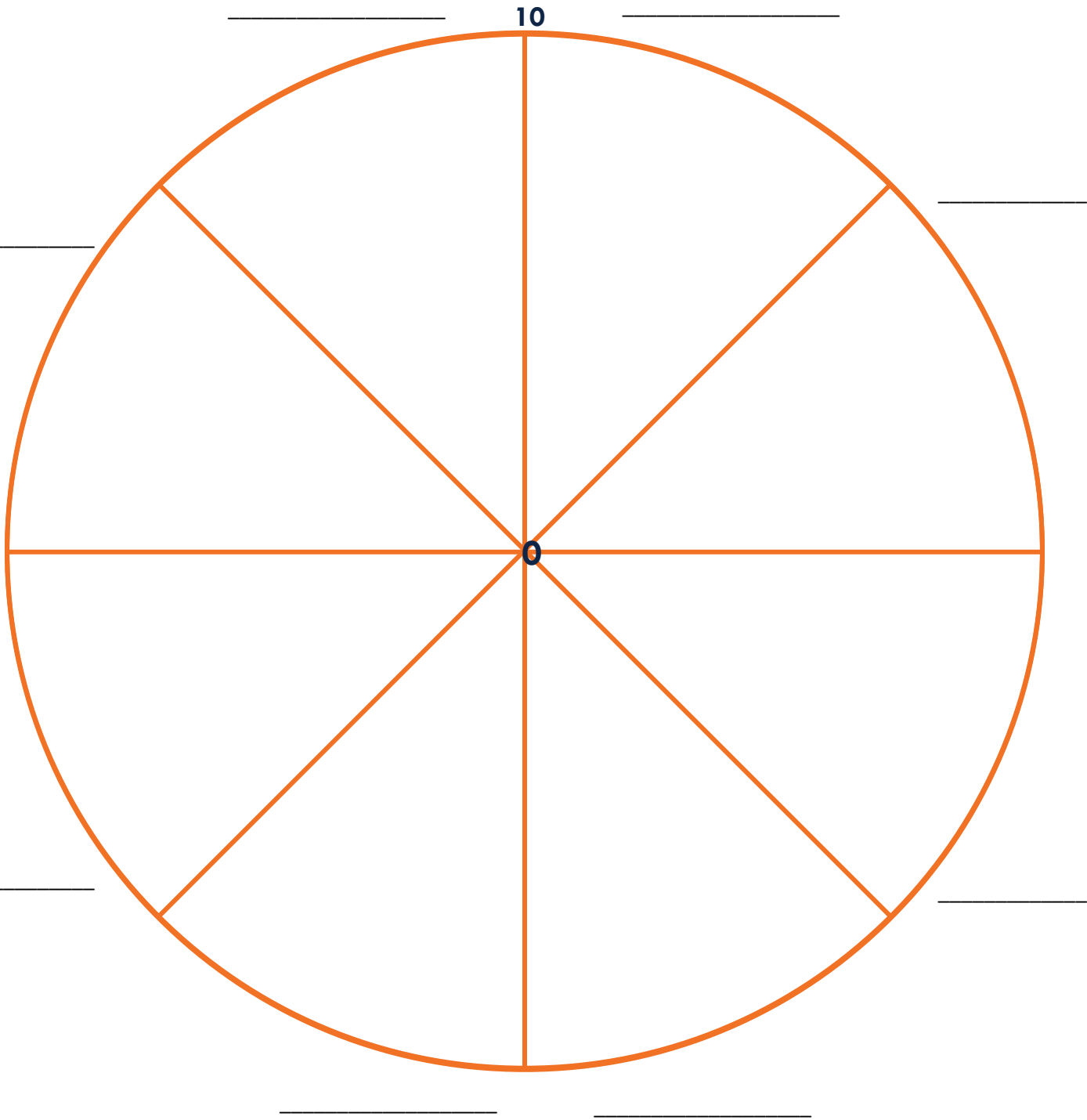


## Wheel of Life

A classic coaching tool. Give each of the segments of the wheel a title from an area of your life that is important to you, and rank each of them from 0 – 10 (lowest to highest) based on how satisfied you feel about that segment of your life. For example, Health = 8, Finances = 7 etc. Example on the next page.

- **DATE:**



10

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## Example – Wheel of Life

The example below shows that this person is has scored their satisfaction of their 'work' and 'health' low, compared to 'finances', for example.

This gives a clear and objective view about how you're are feeling about the *priority* areas of your life and helps you to prioritise and focus your problem-solving efforts where they need to be focussed. Give it a try and ask yourself what's important to you and how satisfied do you feel?

